

FAX TRANSMISSION SHEET



Martin Collegiate/Martin Academy
1100 McIntosh Street
Regina, Sask.
S4T 5B7
Ph: (306) 523-3450
Fax: (306) 791-8659

From: Kim PEREPICHUK Date: Nov. 15 / 18

To: D.O.W Club

Phone: _____ Fax: _____

Number of pages (including cover): 3

Message: Book

"Courage To Execute" by James Murphy



DATE: _____ TIME: _____

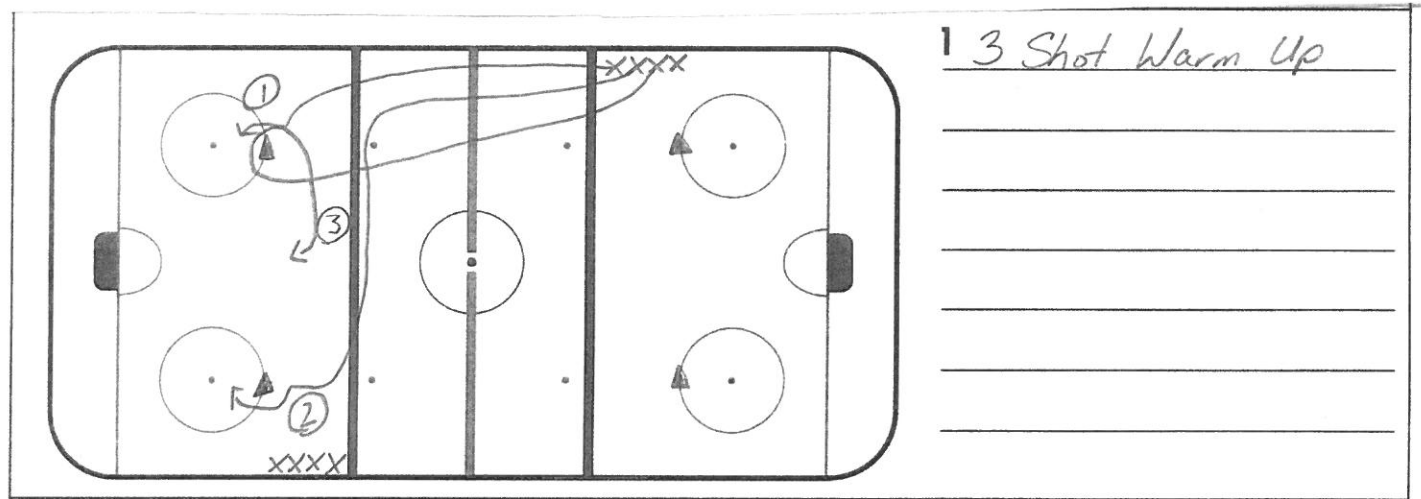
PLACE: _____

TRAINER: _____

3 Shot Warm Up

All three skaters leave at the same time from both sides. First skater drives down the wall, make a move at the pylon and quick shot. Stay at the net. Second skater cuts across the blue line and makes a move at the far pylon and quick shot and stays at the net. Third skater delay and drives the wall and pivots around the first pylon for a low shot for a tip in front. Play out the rebound.

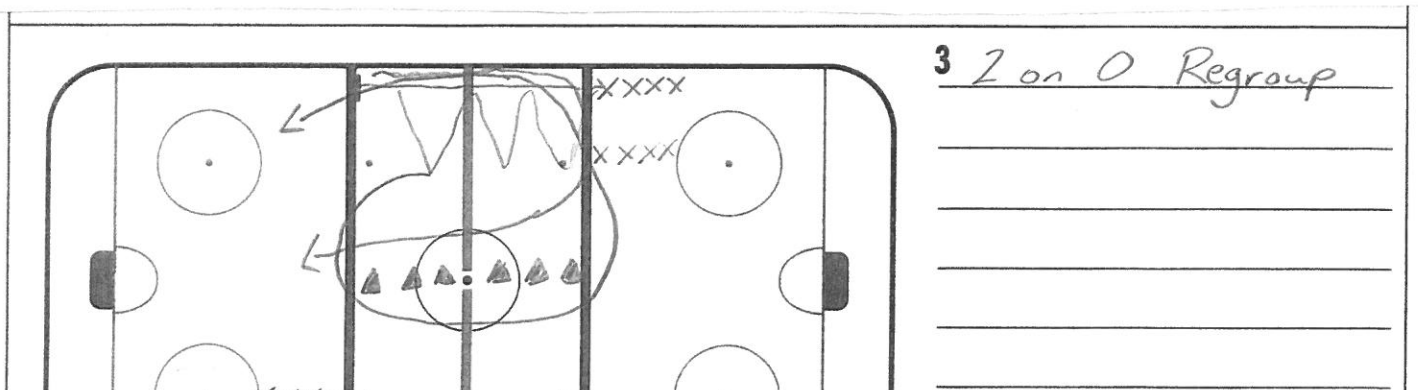
*Keys – Make move at the cone and quick release. Third shot low for tip and rebound.



2 on 0 Regroup

Player's quick hands pass through the neutral zone. Player on wall stops at far blue line with puck. Other skater will swing around the cone in the middle of the ice. Wall player goes back down the wall and swings with other player and attach 2 on 0.

*Keys- Pressure from the coach. Shoot for that far pad for rebound.

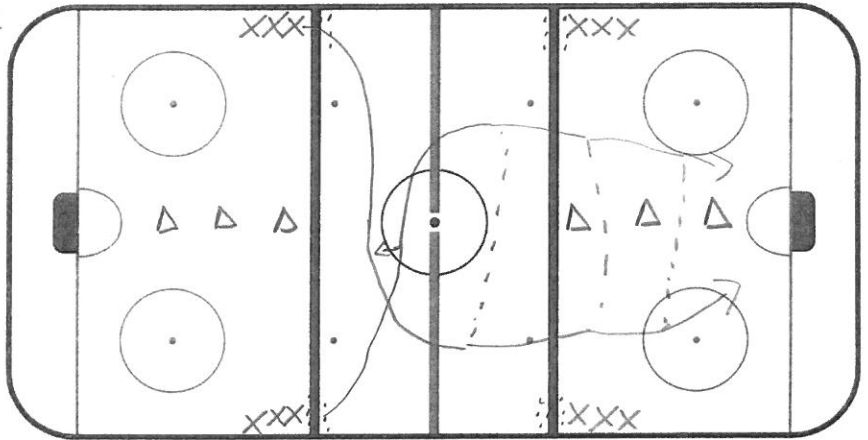


Cross Passes Through Traffic

First two skaters go and cross at center ice and make a drop pass. They continue down 2 on 0 making passed through each of the cones. 4 people go from each side on coaches and then switch and other side the first 4 will go on the coaches' whistle.

*Keys- High tempo. Quick, hard passes and stop at the net.

5 Pass Through Traffic

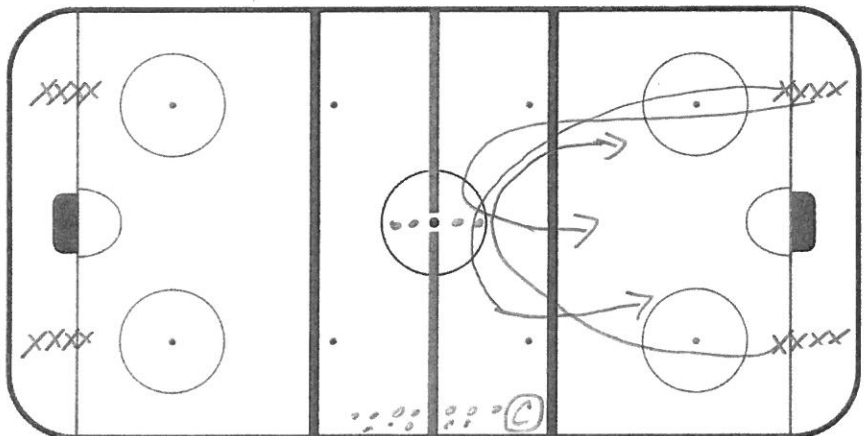


3-0 Two Puck Game

Both ends leave at the same time. All skaters must touch the puck before a shot can be taken. After first shot all skaters need to touch the goal line before going to get the second puck. Again all skaters must touch the puck and play until one side scores. Game up to 5 goals depending on time.

*Keys- All players must touch the goal line after first shot. All players must touch the puck and stay on side.

7 3-0 - 2 Puck Game - Competition



Notices: